

Helergon Kitchen

Creamy Macaroni Salad Recipe

15 min Prep time	**10 min** Cook time	**25 min** Total time
4 Servings	**Easy** Difficulty	**American** Cuisine

Ingredients

Main Ingredients

- [ ] 1 lb elbow macaroni
- [ ] 1 cup diced red onion
- [ ] 1 cup diced carrot
- [ ] 1 cup frozen peas, thawed
- [ ] 1/2 cup chopped celery

For the Dressing

- [ ] 1 cup mayonnaise
- [ ] 2 tbsp apple cider vinegar
- [ ] 1 tbsp sugar
- [ ] 1 tsp Dijon mustard
- [ ] Salt and pepper to taste
- [ ] 2 tbsp chopped fresh parsley

Instructions

1. Cook the elbow macaroni in salted water until al dente, then drain and rinse under cold water.
2. In a large bowl, whisk together mayonnaise, vinegar, sugar, mustard, salt, and pepper until smooth.
3. Add the cooled pasta, red onion, carrot, peas, and celery to the dressing; toss gently.
4. Fold in fresh parsley and adjust seasoning; if you enjoy a high-protein pasta twist, add cooked turkey cubes.
5. Cover and chill for at least one hour before serving. Garnish with extra parsley and a drizzle of olive oil if desired.

Nutrition per serving

420 kcal	9 g	38 g	24 g
Calories	Protein	Carbs	Fat

Tips & notes

- For extra brightness, stir in a splash of lemon juice just before serving.
- If the salad feels heavy, thin the dressing with a teaspoon of pasta water.
- Feel free to replace carrots with diced bell peppers for a sweeter crunch.